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| Hello and welcome to the **May Newsletter for education staff**. It’s packed full of information, new resources and exciting content to support your students.**#MentalHealthAwarenessWeek** falls this month (15th-21st), providing the perfect opportunity to talk about the stigma of mental health with children and young people, and the importance of breaking the silence.  Read on to see how you can get involved in our **#MHAW2023** campaign; learn about our **brand new lesson plan resources**; as well as our exciting **free mental health webinars** in May and June. |

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| Live webinars |

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| For professionals supporting young people, we are running free webinars that explain how [Kooth](http://www.kooth.com/%22%20%5Ct%20%22_blank) can offer support:  |

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| **Kooth & Qwell: Male Mental Health and Healthy Relationships -**[Kooth & Qwell - Weds 10th May, 4-5pm](https://www.eventbrite.co.uk/e/602214067487%22%20%5Ct%20%22_blank)**Kooth & Qwell: Mental Health Support for Diverse Identities -**[Kooth & Qwell - Weds 28th June, 4-5pm](https://www.eventbrite.co.uk/e/625137060777%22%20%5Ct%20%22_blank)**As a school/ college, you can book a 30 minute session to stream live to students:****Kooth: Healthy Relationships and Mental Health (for ages 12+ ONLY) -**[Tues 27th - Weds 28th June, various times](https://www.eventbrite.co.uk/e/621830199867)**How Kooth Can Support Mental Health and Diverse Identities -**[Thurs 29th - Friday 30th June, various times](https://www.eventbrite.co.uk/e/623488198987)To view our bank of past webinars focused on topics like how **'Kooth Can Support Neurodiverse and SEND Users'**, click on [this link to our Vimeo account.](https://vimeo.com/user191837918) |

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| Mental Health Awareness Week 2023 |

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| This year's theme for **#MHAW** is "anxiety", and we've put together lots of new community discussions and content on Kooth to support young people who may be struggling; starting with our **'What is anxiety and how can we cope'** live forum on 15th May. We'd really appreciate anything you can do to help us spread the word throughout the week to young people in your school or college. Simply use the templates we've created in the below guides:[Twitter](http://go.kooth.com/Groi) [Instagram stories](http://go.kooth.com/O8jQ) [For use on your school website or learning portal](http://go.kooth.com/NSuP)[Email to parents and carers](http://go.kooth.com/RR2E) |

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| [**Access our campaign page here**](https://cloud.brandmaster.com/brandcenter/en/koothplc/component/default/102157) |

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| Kooth now offering mental health lesson plan resources |

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| At Kooth we're excited to announce new resources available for education settings, entirely FREE. We're offering lesson plans that adhere to the curriculum for PSHE. Our lesson plans cover the following topics:**1. An introduction to mental health, stress and anxiety2. Managing exam stress**If you are interested in accessing these resources, please **get in touch with your local engagement lead.** |

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| Free digital resources for education professionals |

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| Check out our range of **FREE**digital resources for education professionals, including information on **how to support through significant incidents**and our **Exam Results Day Support Guide.** |

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| [**Click to access**](https://cloud.brandmaster.com/shared/assets/a814fef631efb8669c06) |

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| **Contact your local engagement lead for more information on resources and engagement opportunities.**Tanjima Akther[takther@kooth.com](http://takther@kooth.com) |

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| We are the largest provider to the NHS for digital mental health services and the largest contributor to the [MHSDS](https://www.google.com/url?q=https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-sets/mental-health-services-data-set&source=gmail-imap&ust=1680872607000000&usg=AOvVaw2f6x9OGNE4gTmqr9jue1yK). Our youth and adolescent service is available to over 62% of all children and young people in the UK. Our adult service is available in 20+ regions across the UK. Alongside this, we deliver pioneering research and work to establish the evidence base for Kooth to contribute to best practice in digital mental health innovation - this is really important to us. We have innovated in developing bespoke clinically-validated measures around peer to peer interaction and our single session therapeutic model.We are a BACP Accredited Service. |

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